

The mouse being honest

Posted by an honest mouse - 12 Apr 2010 13:31

I had been 21 days clean till friday then i fell and i just fell again, I was doing so well, looking forward to being back with my wife after nearly a year without being with her properly (coz of sickness during pregnancy and post pregnancy), i should've been clean for nearly a month when the time comes but i blew it and I feel really bad about it.

as soon as pesach finished and the summer came i felt like a protective shield had been removed, i felt exposed and vulnerable and now i've fallen lower than I have for a while. How do i get started over again ? pesach and long cleanliness for my wife where incentives which I've lost.

some thoughts and chizuk would be greatly appreciated, thanks!

p.s just posting here and knowing that others are tackling this problem too is really helpful, thanks to you all!

=====

Re: The mouse being honest

Posted by an honest mouse - 08 Jul 2011 14:26

Great idea Dov, I am going to do that, try and write down all that is bothering me, all that I want to control and to change - then at least I'll know what to let go of...

BTW, my firm just totally changed track and offered me to stay on even though they will not give me the training I need. But at least I still have parnosoh for the time being and the pressure is off while I look for training.

The annoying thing is, my stress levels have been building over the last couple of weeks and my urges and lusting has been building in tandem (obviously) and now the reason for it has mostly gone away and all the acting out and lusting and not really living my life was all for nothing (it's obviously for nothing anyway - but even an insane addict can see it this way!).

If we give up trying to control every aspect of our lives, the ride is much less stressful and the outcome is the same anyway - so what's the point of stressing?!

I still have a long way to go, but I have already come a long way, bH.

=====

Re: The mouse being honest

Posted by Shteeble - 08 Jul 2011 14:31

Good to see you.

Keep up the positive attitude.

=====

Re: The mouse being honest

Posted by ZemirosShabbos - 08 Jul 2011 14:48

[an honest mouse wrote on 08 Jul 2011 14:26:](#)

....

BTW, my firm just totally changed track and offered me to stay on even though they will not give me the training I need. But at least I still have parnosoh for the time being and the pressure is off while I look for training.

.....

....

I still have a long way to go, but I have already come a long way, bH.

great to hear. and yes, you have come a long way, remember that and appreciate it.

=====

=====

Re: The mouse being honest

Posted by an honest mouse - 08 Jul 2011 16:04

have some woodford in my honour zemmy!

Have a great shabbos everyone

=====

=====

so you are giving a kiddush this week?

Re: The mouse being honest

Posted by ZemirosShabbos - 08 Jul 2011 16:06

[an honest mouse wrote on 08 Jul 2011 16:04:](#)

have some woodford in my honour zemmy!

have a gevaldigggggggger shabbos
will do!

=====
=====

Re: The mouse being honest
Posted by Shteeble - 08 Jul 2011 16:11

l'chaim!

=====
=====

Re: The mouse being honest
Posted by ZemirosShabbos - 08 Jul 2011 16:23

=====
=====

Re: The mouse being honest
Posted by ZemirosShabbos - 12 Jul 2011 18:43

hi AHM, how are you doink?

=====
=====

Re: The mouse being honest
Posted by silentbattle - 12 Jul 2011 20:42

Hey - just wanted to drop by and say hello!

=====
=====

dat's dee zpirit!

Re: The mouse being honest
Posted by an honest mouse - 13 Jul 2011 13:28

hi zemmy and sb thanks for dropping by and saying hello! To be honest (as my name indicates) I am not doing that great. I'm stuck in a bit of a vicious cycle and I'm not quite sure where the beginning is, ie where to do the work.

I have no drive in my job, I seem to be happy to just sit back and do my work slowly and relax a lot at the same time. But I am stuck on a low salary at the bottom of the pile. I should be either sending my cv (read resume) all over trying to get the training job i need or working hard here to impress and change their mind. But I'm not, I'm doing the bare minimum to get by and I've always been like that.

That situation makes me depressed, as I'm not progressing and not supporting my family as well as I could/should be. That makes me prone to acting out which in turn takes away my drive for success.

What came 1st, the chicken or the egg? acting out or lack of good job, both of them seem to be dragging me down.

I should write down what is bothering me, just spill the beans on paper like dov said, i just havent had much spare time recently... but maybe then i will know how to proceed...

Thanks for asking, sorry if you weren't prepared for the megillah...

=====
=====

Re: The mouse being honest
Posted by Yosef Hatzadik - 13 Jul 2011 14:37

[an honest mouse wrote on 13 Jul 2011 13:28:](#)

Thanks for asking, sorry if you weren't prepared for the megillah...

This is your thread. It is the place for you to post what's on your mind & heart. To spill your guts and release the pent-up emotions & tension.

Feel free to do so!

We're listening.....

=====

Re: The mouse being honest

Posted by ZemirosShabbos - 13 Jul 2011 17:10

[Yosef Hatzadik wrote on 13 Jul 2011 14:37:](#)

This is your thread. It is the place for you to post what's on your mind & heart. To spill your guts and release the pent-up emotions & tension.

Feel free to do so!

We're listening.....

exactly!

(it's also better than reading a first-step worksheet to the wife, as someone recently proposed...)

=====
=====

Re: The mouse being honest

Posted by Shteeble - 14 Jul 2011 22:29

Spill as many beans as you like.

Just keep the guts inside where they belong.

=====
=====

Re: The mouse being honest

Posted by ZemiroShabbos - 15 Jul 2011 15:47

wishing you a great shabbos!

=====

=====